



Spin Your Own Axis

Spicy Jalapeño Sausage Bowl

It isn't always easy to come up with fast and healthy recipes, but growing up watching my mom cook every day made me learn a lot about how to mix ingredients around. Since I was the only girl growing up, I pretty much had no chances of evading the kitchen chores (like literally, not even the washing dishes chores). I didn't always enjoy helping my mom prepare dinner, but today I can say I have an appreciation and passion for the kitchen.

Now that I'm an adult with a busy schedule, I thank my mom for pulling me into the kitchen even when I rolled my eyes! She definitely inspired my passion for cooking and trying new things!



- **Prep Time:** 10 minutes
- **Cook Time:** 25 minutes
- **Total Time:** 35 minutes
- **Serving:** 6

Ingredients

- 50 grams of Tomatoe
- 50 grams of Onion
- 50 grams chopped Spicy Jalapeño Chicken Sausage
- 71 grams of Canned Black Beans
- 1 Wrap Tortilla Fajita Super Soft

Instructions

1. Preheat the oven to 350°F. Get your cavity mini loaf pan ready and spray it with coconut spraying oil. Begin to add the wrap tortilla's creating a tortilla bowl. Then, place in oven to bake alone for 5 minutes. (This will allow the tortilla to begin crisping, remove softness and prevent from sagging)
2. While the tortillas are baking, use skillet and spray coconut spraying oil, begin sautéing the Spicy Jalapeño Chicken Sausage, Tomato, Onion and Black beans all together for 10 minutes.
3. Once the 5 minutes is up and your tortillas have adapted that crisp texture, begin by adding your sautéed spicy sausage into the each loaf square creating a small tortilla bowl. Place mini loaf pan back into the oven to bake for the final 10 minutes.
4. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat!

Nutrition Facts

- **Serving Size:** 1/5
- **Carbohydrates:** 37g
- **Fat:** 7g
- **Protein:** 16g
- **Fiber:** 6g
- **Calories:** 256
- **Sodium:** 105mg
- **Sugar:** 4
- **Iron:** 3%